



Dankbarkeit: Mein Schlüssel zum Glück (German Edition)

Hanna Backhaus

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Wie gut: Wir können lernen, dankbar zu sein! Wer es schafft, das Gute im Leben zu sehen und dafür dankbar zu sein, tut sich leichter im Umgang mit seinen Mitmenschen und letztendlich mit sich selbst. Klug und mit viel Humor zeigt Hanna Backhaus ganz praktisch, wie der Perspektivenwechsel zur Dankbarkeit als Lebenseinstellung gelingen kann. Eine Einladung zum Lachen und Lernen, mit Übungen und Aphorismen, ermutigend und lebensnah.

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